

Monday	Tuesday	Wednesday	Thursday	Friday
<p>American Chess Day (1st)                      Happiness Happy Day (8th)                      Suicide Prevention Day (10th)                      National Grandparents Day (11th)                      Patriot Day (11th)                      Autumn begins (22nd)</p> <p>Nutrition - <b>No classes</b> on Thursday until <b>Sept.22</b> and time change to 2pm</p> 	<p>Happy Grandparents Day</p>  	 <p>suicide prevention</p> 	<p>1 <b>SIDEWALK SALE</b>                      9:00 Tight Body                      10:00 Line Dancing                      12:30 <b>Arts &amp; Crafts</b>                      12:30 Pokeno                      2:00 <b>PRESENTATION</b>-Stock Market for Seniors, I. Abdullah, Dept of Insurance, Securities &amp; Banking                      3:00 Active Living Every Day</p> 	<p>2                      9:30 Enhance Fitness</p>  <p>11:00 DC State Chess Fed.</p>  <p>1:00 Fit &amp; Strong                      2:30 <b>NEW MEMBERS' MOMENTS CLASS</b></p> 
<p>5</p> <p><b>CENTER CLOSED</b></p> <p><b>HAPPY Labor Day</b></p> 	<p>6</p> <p>10:00 NUTRITION Atoms Apple with Dr. Amy                      11:00 DC State Chess Fed.</p>  <p>12:00 Chair Yoga</p>  <p>2:00 Line Dancing                      3:00 Sibley Club Memory</p> 	<p>7</p> <p>8:30 Enhance Fitness                      10:30 CHSWC Assembly Meeting</p>  <p>12:30 Spiritual Studies                      1:00 Zumba                      2:00 Tai Chi                      3:00 <b>DACL PRESENTS</b>-Devices for Resident participants with OCTO</p> 	<p>8 <b>Trip-Amish Market, Bowie, MD-10am</b>                      9:00 Tight Body                      9:00 Intro to Spanish Senora Chelsea</p>  <p>10:00 Line Dancing                      12:30 Pokeno                      3:00 Active Living Every Day</p> 	<p>9</p> <p>9:30 Enhance Fitness                      10:30 <b>PRESENTATION</b>-Nutrition Dr. Amy Food Demo</p>  <p>11:00 DC State Chess Fed.                      11:30 CHSWC at "The Gathering"                      1:00 Fit &amp; Strong                      3:00 <b>Bingo!</b></p> 
<p>12</p> <p>9:30 Tai Chi                      9:30 Spiritual Studies                      10:00 Enhance Wholeness Lifestyle                      10:30 A Sprinkle of Gentle Yoga                      10:30 Ole Skool Dancing                      11:30 Just Rock - Piano                      12:30 Pokeno                      12:30 Fit &amp; Strong                      2:00 VV: Peculiar Palate Pleasures &amp; People                      3:00</p>   	<p>13 <b>Trip-Brain Games @ The R.I.S.E. Demo Center- 9:30am</b>                      10:00 NUTRITION Atoms Apple with Dr. Amy                      11:00 DC State Chess Fed.</p>  <p>12:00 Chair Yoga                      2:00 Line Dancing                      3:00 Sibley Club Memory</p> 	<p>14</p> <p>9:30 Smart Tech/Social Media                      10:30 Pilates                      11:30 Movie Time (in Cinema Room) BYL-Bring your lunch                      12:30 Spiritual Studies                      1:00 Zumba                      2:00 Tai Chi                      3:00 <b>DACL PRESENTS</b>-Devices for Resident participants with OCTO</p>  	<p>15</p> <p>9:00 Tight Body                      9:00 Intro to Spanish with Senora Chelsea                      10:00 Line Dancing                      11:00 <b>PRESENTATION</b>- Using food as medicine for Diabetes, High Blood Pressure &amp; Cholesterol, Dr. Jarita Hagens                      12:30 <b>Arts &amp; Crafts</b>                      12:30 Pokeno                      3:00 Active Living Every Day</p>  	<p>16</p> <p>11:00 DC State Chess Fed.</p>  <p>1:00 Fit &amp; Strong                      1:00 <b>SOCIAL</b>-Sandra Johnson Jazz Ensemble</p> 

<p>19 8:30 Enhance Fitness 9:30 Tai Chi 9:30 Spiritual Studies 10:30 Ole Skool Dancing 10:30 A Sprinkle of Gentle Yoga 11:30 Just Rock - Piano 12:30 Pokeno 12:30 Fit &amp; Strong 2:00 Goggle Universe</p>   	<p>20 <b>Trip-Tanger Outlet/National Harbor-Choose your activity 11am</b> 10:00 NUTRITION - Atoms Apple with Dr. Amy 11:00 DC State Chess Fed. 12:00 <b>PRESENTTION</b>-Fall Prevention Awareness Day-Trivia Game 12:00 Chair Yoga 2:00 Line Dancing 3:00 Sibley Club Memory</p>  	<p>21 8:30 Enhance Fitness 10:30 Pilates 10:30 CHSWC Advisory Board Meeting 11:30 Movie Time (in Cinema Room) BYL-Bring your lunch 12:30 Spiritual Studies 1:00 Zumba Dance 2:00 Tai Chi 3:00 <b>DACL PRESENTS</b>-Devices for Resident participants with OCTO</p>  	<p>22 <b>Trip-Senior Fun Day Out, Party HQ, Bowie 11:45am</b> <b>Fall Prevention Awareness Day 9am</b> 9:00 Tight Body 9:00 Intro to Spanish with Senora Chelsea 10:00 Line Dancing 11:00 Just Rock-Music Theory 12:30 Pokeno 2:00 NUTRITION - Atoms Apple with Dr. Amy</p>  	<p>23 9:30 Enhance Fitness 10:30 <b>Food Demo</b>-with Chef Herb, UDC 11:00 DC State Chess Fed. 11:30 CHSWC at "The Gathering" 1:00 Fit &amp; Strong 3:00 <b>Bingo!</b></p>   
<p>26 8:30 Enhance Fitness 9:30 Tai Chi 9:30 Spiritual Studies 10:30 Ole Skool Dancing 10:30 A Sprinkle of Gentle Yoga 11:30 Just Rock -Piano 12:30 Fit &amp; Strong 12:30 Pokeno 2:00 VV: Peculiar Palate Pleasures &amp; People 3:00 <b>PRESENTATION</b>-Justice Denied; the Roots of the Reparations Movement <b>CR Gibbs</b></p>	<p>27 9:00 Active Living Every Day 10:00 NUTRITION - Atoms Apple with Dr. Amy 11:00 DC State Chess Fed. 12:00 Chair Yoga 1:00 "Sewing Seeds" with Ace-Symmetric 2:00 Line Dancing 3:00 Sibley Club Memory</p>  	<p>28 8:30 Enhance Fitness 9:30 Smart Tech/Social Media 10:30 Pilates 11:30 Movie Time (in Cinema Room) BYL-Bring your lunch 12:30 Spiritual Studies 1:00 Zumba Dance 2:00 Tai Chi 3:00 <b>DACL PRESENTS</b>-Devices for Resident participants with OCTO</p>  	<p>29 9:00 Intro to Spanish with Senora Chelsea 10:00 Line Dancing 12:30 Pokeno 1:00 <b>SOCIAL</b>-Ladies, Let's Tell It All! 2:00 NUTRITION - Atoms Apple with Dr. Amy 3:00 Active Living Every Day</p> 	<p>30 <b>National Grief Awareness Day</b> 9:30 Enhance Fitness (Session Ends) 1:00 DC State Chess Fed. 11:30 CHSWC at "The Gathering" 1:00 Fit &amp; Strong (Session Ends)</p> 

**VIDEO/AUDIO CONFERENCE**




- Zoom.us or download the Zoom app directly from Apple Store or Playstore
- Once download, click on "Join A Meeting"
- Enter Meeting ID 298-827-6610 **OR No video? Join the Zoom meeting by dialing (301)715-8592 and enter the Meeting ID code 298-827-6610 press #, for participant code press #. Note: mute or unmute press \*6**
- Some classes held in "Break-out Rooms"- Please click "join" to enter

**CHSWC SOCIAL MEDIA**

Check out






@TheCHSWC  
Tik Tok

CHSWC@heightsseniortv on: **Or type in the search/browser box: CHSWC and #CHSWC**

**PRESENTATIONS**

- DC Dept of Insurance, Housing Security-Stock Market for Seniors, Idriys Abdullah (1st)
- Nutrition Dr. Amy Food Demo (9th)
- Using food as medicine for Diabetes, High Blood Pressure & Cholesterol, Dr. Jarita Hagans (15th)
- Sandra Johnson Jazz Ensemble (16th)
- Fall Prevention Awareness Day-Trivia Game (20th)
- Food Demo with Chef Herb, UDC (23rd)
- Black History 366-Justice Denied; the Roots of the Reparations Movement, CR Gibbs (26th)
- Let's Tell It All! (29th)

